

**“It’s like a really bad bee that stings you and then flies away. Yet the bee leaves the stinger inside of you to go off without warning or remedy.”**

**- Nancy McCready**

Let’s define *trauma*.

A deeply \_\_\_\_\_ experience.

**Acute Trauma:** \_\_\_\_\_ stressful or dangerous event

**Chronic Trauma:** \_\_\_\_\_ exposure to highly stressful events

**Complex Trauma:** exposure to \_\_\_\_\_ (multiple) traumatic events

**Areas affected by trauma:**

**Physical:**

**Mental:**

**Emotional:**

**Spiritual:**

**Trauma Trigger Points:**

1.

2.

3.

4.

5.

**Add in your own:**

1.

2.

3.

4.

5.

**These are episodes and experiences that happened to us. They left their mark and may still be controlling us today in unseen and complex ways.**

**What is the core trauma of our lives?**

**The core trauma of our lives is that we are born**

\_\_\_\_\_ and \_\_\_\_\_  
**from \_\_\_\_\_ God.**

**What effect does this have on us?**

We become \_\_\_\_\_ on ourselves and others. Therefore, the \_\_\_\_\_ we participate in can deeply impact us.

**It is imperative that we see all things from His point of view.**

**Trauma bonding:**

**response to abuse that occurs when the abused person forms an unhealthy bond with the person who abuses them. The person experiencing abuse may develop sympathy and pity for the abusive person so much so that they feel more for the abuser than for themselves.**

**This results in a \_\_\_\_\_ and \_\_\_\_\_ bond with themselves.**

**We continue to repeat patterns of interacting with others and ourselves yet may never understand what is controlling the habitual patterns of our relational behavior.**

**If we continue to draw from the wrong source -- no matter how many compartments of it there may be -- it is still the wrong source. Therefore, it cannot bring to us the ultimate justice, relief, deliverance and wholeness we seek.**

**This can be very disorienting and keep our equilibrium in such a fluid state that we will do almost anything to steady ourselves.**

**We must be very careful not to dip too far over into trying to deal with or fix the trauma in shallow, cavalier or callous ways.**

**It is a process that must be led by God...freely chosen by us...and much time allowed if it is going to be real and true.**

**I want to say again:**

**These are episodes and experiences that happened \_\_\_\_\_ -- whether once or multiple times. They left their mark and may still be \_\_\_\_\_ today in unseen and complex ways.**

**Let's close today knowing this:**

**Jesus has entered into our traumatized condition:**

**Hebrews 2 MSG:**

**“What we do see is Jesus...through the experience of death, crowned so much higher than any angel, with a glory “bright with Eden’s dawn light.” In that death, by God’s grace, He fully experienced death in every person’s place.**

**10-13 It makes good sense that the God who got everything started and keeps everything going now completes the work by making the Salvation Pioneer perfect through suffering as He leads all these people to glory. Since the One who saves and those who are saved have a common origin, Jesus doesn't hesitate to treat them as family, saying, I'll tell my good friends, my brothers and sisters, all I know about You; I'll join them in worship and praise to You. Again, He puts himself in the same family circle when He says, **Even I live by placing My trust in God.** And yet again, I'm here with the children God gave Me.**

**14-15 Since the children are made of flesh and blood, it's logical that the Savior took on flesh and blood in order to rescue them by His death. By embracing death, taking it into Himself, He destroyed the Devil's hold on death and freed all who cower through life, scared to death of death.**

**16-18 It's obvious, of course, that He didn't go to all this trouble for angels. It was for people like us, children of Abraham. That's why He had to enter into every detail of human life. Then, when He came before God as high priest to get rid of the people's sins, He would have already experienced it all Himself—all the pain, all the testing—and would be able to help where help was needed.”**

**Hebrews 13: 5-6 AmpC**

**“[I will] not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree**

**leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not!]**

**So we take comfort *and* are encouraged *and* confidently *and* boldly say, The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me?"**

**He's the Alpha and Omega...the Beginning and the End. He had the first word on your life and He will have the last word on your life.**

**No one knows you and the trouble you have seen like Him.**

**Jesus entered into our traumatized and separated condition so as to bring us into His living and abiding presence and position.**

**You must know you are new and no longer separated.**

**Your core trauma is forever dealt with in the reality of being made new!**